



# October

# 2024



## "FALLING BACK" INTO SUPPORT

### Support in all its Forms

October 6<sup>th</sup> – 11<sup>th</sup> is Mental Illness Awareness Week, and with it being Fall we thought it'd be helpful to explore what "falling back" into support looks like (think "trust fall") with the resources through the Clubhouse and Connections. So we asked you what support you've found here, and this is what you said:

### Contributing Through the Work-Ordered Day

**Ricky A.:** The work-ordered day gives you structure, and the House Meeting allows us to share ideas as a group and discuss important matters! And much more!

**Tiffany G.:** I really enjoy being in culinary! It's enriching! I work at the reception desk in the afternoons, too – it's fun to contribute in ways I enjoy!

**Lennie C.:** I normally come in the afternoon, but there's always plenty to do and I enjoy the meetings, helping with clean-up and tasks, working on projects like the newsletter or whatever we have going, and the camaraderie! It's great getting to know everybody more!



### Career & Development

**Darren M.:** I've gotten support in improving my resume: my resume's become more effective!

**Katie S.:** My Food-Handler's License is something I needed to complete so I can have the opportunity to work in the food industry. Through the Clubhouse, I have it now!

### Creativity

**Kim K.:** I really enjoy the art we do – I recently discovered that!

**Mark H.:** Support comes in meeting people, doing whatever I can to help out (mainly flowers!). It's neat to put different colors and shapes together and I like that flowers make people happy. It's a meaningful way to give to others.



### Member-Led Classes

**Kim K.:** Pam's Book Club is the best: she brings a different topic each week and we talk about it – fear, anger, grief, doctors, coping strategies...it's a very rich and meaningful discussion. It's very open and everyone is encouraged to participate and engage!



### Caring Community

**Ian G.:** It's great to have a place to communicate with others about symptoms and coping strategies. I feel comfortable to open up, share, and relate to others.

**Tiffany G.:** Being around other people that have mental illness and are working on their mental health just like me – it helps me feel not so alone or secluded. It feels nice to have friends.

**Mark H.:** I got something to do now! It's nice to be a part of the community.

See Page 4 on PLAN Connections and Peer Support!





## Clubhouse Standards

**7. The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.**

**19. All work in the Clubhouse is designed to help members regain self worth, purpose and confidence; it is not intended to be job specific training.**

## Staff News

### Welcome, Shelita!

Welcome our new Clubhouse Staff-Generalist! If you've been using the van, you probably already know her, but we are happy to have Shelita W. join our team! Originally born and raised in New Orleans, she was there for 47 years until she moved to Texas! She was hired on with JFS as a driver in 2021, but eventually she was able to start helping PLAN with transportation. Then we got the PLAN van and she was finally able to come on full-time with us last month.

Now working for PLAN, Shelita is most excited about "new people, new adventures, and new stories I get to hear and be a part of!" She has really enjoyed working on flowers, but is gravitating toward Wellness and ping-pong more and more. She says, "My two ping-pong partners are Peter and Travis! They are more set to my skills!" She also enjoys driving the van, since it "drives smoothly and safe."

In her free time, Shelita says that, though it seems boring, she likes to sleep. But she also enjoys watching TV, scrolling on her phone, talking to her family, and traveling (though that last one is harder sometimes since it's more costly). We asked who she admired most. She said, "That's easy. My mom! She had me when she was really young and she's been able to overcome a lot of adversity in her life. She's an example of resilience and strength to me."

As she begins, she wants everyone to know: "Continue to love yourself! I see that with a lot of members who look out for themselves as well as others – they feel comfortable in their own skin. Keep being courageous and investing in yourself and loving yourself, and come to the Clubhouse for even more support!"

Welcome aboard, Shelita! We hope you enjoy the ride!



## Member Showcase

### Meet Jamie M.!



Jamie joined us at PLAN in July of 2024, and has quickly jumped into the community. She's lived in Texas for the majority of her life, but she's actually lived in 4 states: Born in N.J., moved to Wisconsin, then California, and Texas when she was 6, but she's been here since!

Jamie says the Clubhouse helps her by "encouraging me to get up and do something. Doing something everyday really helps with my depression and anxiety. My OCD has really improved as well since I've been here: I can use computers now without thoroughly disinfecting the keyboard before every use. I'm also driving more, which used to be harder because of anxiety."

We asked her what her favorite thing to do at the Clubhouse is, and she replied, "Being with people, which used to be never true for me since I've always been an introvert." Are you shocked she didn't say A/V (Audio/Visual)? She expounds: "I actually did not like A/V at first; it was just something I was doing because it didn't seem like anyone else was going to. But I've come to really enjoy editing videos and don't mind writing the scripts either." She's also created a checklist for filming segments and an A/V binder! She says she really enjoys planning.

In her free-time, Jamie enjoys hanging out with her pets; especially her bearded dragon, Dobby. She says she admires her mom most in the world because "she's the reason I'm where I am, and she's my best friend/sidekick/partner in crime."

When asked if she had any goals, Jamie said, "I've actually just met a goal I had: my goal was to move to a new apartment, and I just completed my move!" Congratulations on the move, Jamie!

Jamie encourages everyone at the Clubhouse with these words of wisdom: "Talk to people! Even if it gives you anxiety, like me, this is a really encouraging environment to meet people! And everyone truly cares about each other. I've noticed people actually stop and listen when they ask 'how are you?' instead of just saying it and moving on."

She also says that the Clubhouse community has been a tremendous help to her: "It's just been great to have a place to go everyday and participate – it's a huge support. Everyone's support here has helped me get to where I am now - I haven't felt this good in five years!"

On a final note, Jamie has even started working at the Popcorn Shack! Go, Jamie!

-Daniel M. & Peter M.





## We Love Our Interns!



### Thank You, Diamond!

We were thrilled to have a plethora of interns this past summer! In a recent newsletter, you read about our Klein interns, and next month we'll feature one of our JFS interns, Brad K. (he'll be with us through November), but we wanted to give a shout-out to our other dear JFS intern, Diamond P.!

Diamond's main goal during her internship was to create an educational plan for the Clubhouse

members and to interact and learn about people living with mental illness. She did accomplish this by creating and presenting an educational plan that we can continue to implement for members.

Diamond says, "I enjoyed getting to know the Clubhouse members the most. They all had interesting stories and personalities. I learned a lot from them. Personally, I understand people in the mental health community more now. Professionally, I gained the knowledge and understanding of what people who are diagnosed with a mental illness can go through and the struggles they experience."

Diamond's next step in her master's program is to work with youth. After concluding her time with us, she went to work with CPS as a child protection investigator.

Diamond wishes the Clubhouse all the best in the future as she leaves us: "Because of PLAN, I can educate people who are biased against those diagnosed with mental illness. Mental illness doesn't mean you are less than or not equal. It means they have a gift, honestly an unforeseen super power. I hope the Clubhouse members understand and know that their place in this world is needed and necessary. You all were amazing to say the least and I will truly miss each of you. Continue being the change the world needs. You guys are paving the way for others!"

## Just Gettin' Better: Goin' To The Chapel

A Column by Jim D.



At PLAN, we understand the meaning of support. Each time we get together, there is a feeling of family. The words which best describe our feelings are "joying in each other's presence." We support each other on a daily basis as friends and members doing what is needed in the work-ordered day.

Last month nineteen of us from PLAN traveled 145 miles to Wynnewood, Oklahoma to celebrate the wedding of our own member, Victoria B. to Joel T. Many other members were unable to attend but sent well-wishes to the couple with gifts and cards.

Victoria was such a beautiful bride in her wedding gown. The wedding took place in the Wynnewood Methodist Church where Joel is pastor. The marriage was performed by Victoria's own father, also a minister. She was flanked by her mother, Paula, as matron of honor, bridesmaids were PLAN members -- Nadine X., Robin K. and Ruth J., and Joel's 11 yr old daughter, Natalie, was flower girl.

Victoria has demonstrated her love and caring for others at PLAN, and we know that she will be an asset to Joel and Wynnewood as they serve the church and the community. PLAN members' outpouring of joy for Victoria and Joel at the bridal shower and wedding is just another way we support each other as we continue "Just Gettin' Better."



## Tune-In

PLAN @ 1121 ROCK  
**C4W**  
*Writing Well*

Composition 4 Wellness  
 Tuesdays @ 2pm in Oct/Nov

A PLAN workshop series for using creative composition to increase individual wellness.



### Kim K.'s Cooking Class

October 23<sup>rd</sup>

Come learn how to make Tasty BLTs! (Turkey Bacon!)

## Get Ready!

# November 2nd, 2024





## FRIGHT NIGHT DELIGHT

There's something strange about tonight,  
The full moon glows and gleams with light.

In the velvet dark of night,  
things don't seem, just quite right.

Black cats prowl, and owl's cry  
As dark witches on brooms fly by.

The witches dance in circles tight,  
cackling with glee,  
under bright moonlight.  
Darting here and there  
Swirling lit pumpkins in the air.

Cauldrons boil and bubble,  
with green eerie light means trouble.  
Frogs and crickets, snakes and spiders  
all goes in, they make flames higher.

Ghouls and goblins in diminished height,  
Sneaking around with great delight.

Silent phantoms move in flight,  
in their ghostly robes of white.

All aspire to scare and fright,  
in the scariest dark of night.

Hold your loved ones, hold them tight  
In terror and in fright, try not to scream,  
For this is the night, of Halloween.

My favorite holiday is on its way!!  
-By Tania R.



## PLAN Connections: Peer Support

### Peer Support is "Hear" Support

**Lisa W.:** Peer Support is hear-support. We hear you and offer a place to vent, set goals, and we cheer for you in your recovery journey. We utilize our recovery steps and can share our challenges in story "snippets" with you. Peer Support has opened a window in my life where I can find purpose and recovery. I value the time I spend with each peer and enjoy supporting them and hearing them.



*Pictured: Lisa (in yellow) and Michelle C.*



*Pictured: Nadine & Mark H.*

**Nadine X.:** For the last three years I have been blessed to be a Peer Specialist on the PLAN Connections Team. I am also a facilitator for our NAMI Support Group and I chair our Advocacy Committee Meetings. I enjoy walking alongside my peers in their recovery, holding space for them to speak freely.

I enjoy witnessing and admiring their accomplishments. I don't consider this a job; I see it as helping my fellow peers reach their potential step by step.

*Having staff be there to talk to about what I'm going through is so helpful! Talking to Peer Support Specialists and staff is a great support.*

*- Ricky A.*

**David R.:** Peer Support for me offers a level of acceptance, understanding and validation. By sharing our lived experiences and practical guidance, we help people to develop their own goals, create strategies for self-empowerment, and take concrete steps towards building a fulfilling, self-determined life!



*Pictured: David R. & Tiffany*

## Kim M.'s Supportive Resources

### News from your Case Manager! A New Housing Resource

A new group home has opened in Richardson, run by Yolanda Burke of Revive-Living.org. It is located on Birch Lane and backs up to a park. This home is staffed 24 hours a day and provides 3 meals and snacks. Help with medication administration is provided if needed. It's a very nice, big home with lots of windows, big living room and spacious back yard. The bedrooms are shared but there are many bathrooms. Staff is very attentive and wants to help their residents live their best lives. They also do your laundry! For more information please feel free to reach out to me, Kim, at 469-589-9902.

[www.revive-living.org](http://www.revive-living.org)



# PLAN @ 1121 ROCK

People Living Active Now



# CALENDAR

## October 2024

**PLAN @ 1121 ROCK**  
**Arapaho Gardens**  
**1121 Rockingham Dr.**  
**Richardson TX 75080**  
**972-379-9904**

- October Themes**
- Mental Illness Awareness Week: Oct. 7-11
  - National ADD/ADHD Awareness Month
  - Positive Attitude Month

- Days of Note**
- Texas State Fair – Oct. 9
  - Coffee House Jam: The Halloween Party – Oct. 19
  - Birthday Bash – Oct. 29



Join us on Facebook at "PLAN of North Texas"

## PLAN @ 1121 ROCK

People Living Active Now

- 1121 MAIN.....972-379-9904
- Daniel.....972-703-2150
- Elijah.....972-703-2152
- Lauren.....972-703-2151
- Deanna.....469-589-9907
- Ruth.....972-379-9902

## CLUBHOUSE LUNCHES

**Monday - Friday**

**12:30 PM**

**\$2 Donation**

**\$3 now on Wednesdays for Kim/Travis Specials**

**\*If you are running late, please be sure to call by 12:00p. Meals will not be made available after 12:30pm without a call to reserve.**

## HOUSE MEETINGS

**Tuesdays @**

**1:00pm**

*Participate in Clubhouse decision-making!*

**If you can't make it in person, you can join over Zoom. All we need is your email to get you the link!**

### Committee Meetings

#### **Career & Development Committee**

Wednesdays @ 2p: 10/16, 10/30

#### **Advocacy Committee**

Thursdays @ 2p: 10/24

#### **Sunshine & Shadows Committee**

Thursdays @ 2p: 10/3, 10/17

#### **Events Committee**

*Mondays @ 11a: 10/7, 10/21*

#### **New Member Committee -**

Wednesdays @ 2p: 10/23

#### **Newsletter Committee**

Wednesdays @ 11a: 10/2, 10/16, 10/30

#### **Gardening Committee**

*Mondays @ 11a: 10/14, 10/28*

### Events This Month

**10/1, 10/8, 10/15, 10/22, 10/29**

**Weekly House Meeting @ 1p**

10/1, 10/8, 10/15, 10/22 - Composition 4 Wellness @ 2p

**10/2 - Special Guest Speaker - Kody Green @ 2p See flyer! Sponsored by Janssen Neuroscience.**

10/7, 10/14, 10/21, 10/28 - Pam's Book Discussion @ 2p

**10/7-10/11 - Mental Illness Awareness Week**

10/9 - Trip to the Texas State Fair

10/10 - Hoops @ JFS (basketball wellness) - 11a

10/16 - Kim K.'s Cooking Class - 2p

10/19 - Coffee House Jam: The Halloween Party - 5p

10/26 - Supper Club @ String Bean - 5p

10/29 - Birthday Bash - 12:30p

**10/4, 10/11, 10/18, 10/25**

**Clubhouse Closed (Fridays)**

## PLAN CONNECTIONS

People Living Active Now

Interested in Peer Support or Case Management Services? Contact 1121 Rock at 972-379-9904 or Ruth at 972-379-9902 or email at [rjosenhans@planntx.org](mailto:rjosenhans@planntx.org) to find out more.

### **Case Management**

Kim.....469-589-9902

### **Peer Support**

David....469-589-9905

Lisa.....469-589-9906

Nadine....469-589-9903

## NAMI

### Support Group

### October 17<sup>th</sup>

### @ 6p

### at Iris Place

**Please join us** for an exciting  
Roundtable Discussion with

# Kody Green

A schizophrenia and addiction patient advocate who will share relevant experiences from his recovery and treatment journey.

**Date:** **Wednesday, October 2nd**

**Time:** **2:00pm**

**Location:** PLAN @ 1121 Rock  
1121 Rockingham Dr.,  
Richardson TX 75080



## Agenda

- **Hear** Kody's Story
- **Learn** how he became an active participant in his schizophrenia or serious mental illness journey
- **Discover** how he navigated his treatment plan
- **Q&A**

**Kody Green** (he/him) is a motivational speaker, mental health advocate, and content creator, with over 1.8 million followers (@schizophrenichippie), living with schizophrenia. He has struggled in the past with drug addiction, incarceration, and serious mental health issues. To be a better advocate and speaker, Kody has been trained as a peer support specialist, recovery coach, and suicide prevention specialist.

Kody will share his experience with challenges and how he is able to navigate through recovery, mental health issues, and life after incarceration. Because he has dealt with these challenges in his own life, Kody chose to pursue a career in motivational speaking and mental health advocacy for schizophrenia awareness and second-chance opportunities.

## PLAN @ 1121 ROCK

People Living Active Now

The consultant is a paid speaker for Johnson & Johnson. The speaker is presenting on behalf of Johnson & Johnson and must present information in compliance with FDA requirements applicable to Johnson & Johnson. In adherence with PhRMA guidelines, spouses or other guests of healthcare providers are not permitted to attend company-sponsored programs. For healthcare providers, please be advised that information such as your name and the value and purpose of any educational item, meal, or other items of value you receive may be publicly disclosed. If you are licensed in any state or other jurisdiction, or are an employee or contractor of any organization or governmental entity, that limits or prohibits meals from pharmaceutical companies, please identify yourself so that you (and we) are able to comply with such requirements. Please note that the company prohibits the offering of gifts, gratuities, or meals to federal government employees/officials. NOTE: JFS/PLAN has accepted any remuneration from Janssen for this appearance.